

Savory Swiss Steak Lends Itself for Tasteful Meal

SAVORY SWISS STEAK
 2 pounds round or chuck steak cut 1/2-inch thick
 1 cup flour
 1 teaspoonful salt
 1/2 teaspoonful pepper
 2 tablespoonful shortening
 Cayenne pepper
 1 teaspoonful marjoram
 1/2 teaspoonful summer savory
 2 onions, sliced
 1 clove garlic, sliced
 1/2 cup celery, chopped
 1 1/2 cups canned tomatoes

Blend together flour, salt and pepper. With meat mallet, or edge of saucer, pound the flour mixture into steak on both sides, until all flour is absorbed. Brown floured steak on both sides in melted shortening in a heavy skillet or Dutch oven. Sprinkle steak lightly with cayenne. Sauté herbs, garlic and celery over meat and slice onions over all. Pour tomatoes in around steak. Cover. Cook slowly over top burner simmer flame for 1 1/2 hours.

Don Yeargin Serving With Tokyo Unit

PFC Donald W. Yeargin, son of Mr. and Mrs. Irvin Yeargin, 25329 Feijoa Ave., Lomita, is now serving with the 64th Engineer Base Topographic Battalion in Tokyo.

This unit compiles photomaps from aerial photographs for use by UN forces in Korea and U.S. forces in other areas of the Far East Command. He has been in Japan for the past nine months. A graduate of Harbor Junior College, Yeargin entered the Army in May 1951.

Your Kitchen Counsellor

MARGIE EWEN
 Southern California Gas Company Home Service Representative

HEARTY PICNIC SANDWICHES

Sandwiches are an oldstand-by when it comes to planning food for a picnic. But there's absolutely no reason for making the same old kinds every time you fix the fare for an outing.

In fact, the folks may welcome new sandwich treats—and a variety, too. And, of course, hearty fillings zipped with fine flavor and spread with a generous knife are the best.

Do try these. And keep the combinations in mind for those back-to-school lunches you'll soon be making.

CORNEB BEEF SPREAD
 1 can corneb beef
 1 Tbsp. prepared mustard
 2 Tbsp. prepared horseradish
 Mayonnaise

Chill can of corneb beef so it may be put through the food chopper more easily. (A short time in the freezer section of your refrigerator does the trick, if you're in a hurry.) Grind corneb beef and mix in mustard, horseradish and enough mayonnaise to moisten. For the sandwiches, use rye bread and top filling with crisp lettuce.

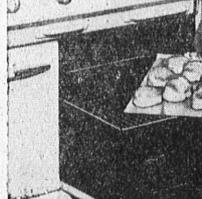
SUNSHINE SPECIAL
 1 C. grated carrots
 1 C. chopped dates

BOILED HAM TREATS
 1/4 C. butter or margarine
 1/4 C. brown sugar
 Cloves
 2 tsp. prepared mustard
 4 slices boiled ham
 8 slices fresh white bread

Cream together butter and brown sugar. Add a light sprinkle of powdered cloves and the mustard. Use this spread instead of plain butter to make ham sandwiches on white bread.

BAKED BEAN FILLING
 1 No. 2 can baked beans
 1 Tbsp. grated onion
 1 Tbsp. minced green pepper
 1 Tbsp. catsup
 2 slices crisp bacon, crumbled

Drain off most of the liquid from beans. Mash beans and mix in other ingredients. Make into sandwiches using buttered whole wheat bread. Garnish with sliced sweet pickles, if you like.



VEHICLE CODE VIOLATORS TOLD BY DMV

Motorists who violated certain provisions of the California Vehicle Code were named this week by the Department of Motor Vehicles. Violations are indicated by DD—drunk driving; FR—financial responsibility law; UO—unsafe operation of vehicle.

Joe Juarez Acosta, 2053 W. 203rd St., UO; Daniel G. Alvarado, 1233 W. 256th St., DD—license suspended 1 year, second conviction; Max John Benkie, 1613 New Hampshire Ave., FR; Socorro E. Carranza, 3854 W. 171st St., DD—license suspended 1 year, second conviction; Elzy Carter, General Delivery, Harbor City, DD; Frederick A. Groves, 22516 Blak Ct., DD; Gaihard F. Hansen, 22613 Anchor St., DD.

Vernon Harrison, 20531 Henrietta St., FR; Ruben A. Jimenez, 1829 Florence Ave., FR; Henry A. Lane, 5107 Torrance Blvd., FR; Bennie O. Mantejano, 2210 W. 203rd St., DD—license suspended 3 years, third conviction; Frank M. Walsh, 17305 Ardath St., DD—DD—licenses suspended 3 years, third conviction; John Henry White, 2336 W. 180th St., DD—license suspended 90 days.

Russell Carr, 20629 S. Vermont Ave., FR; Threcta Carr, 20629 S. Vermont Ave., FR; Wilson T. Griffith, 914 Kornblum Ave., DD; William F. Holloman, 1562 W. Carson St., FR; Tito Romero, 949 W. 256th St., FR; William Shaver, 1622 Crenshaw Blvd., FR; Dan V. Turner, 3527 Cricklewood St., FR.

In addition, licenses were reinstated to: Donald H. Allen Jr., 2934 Opal St., FR; Arthur C. Hogarty, 22733 S. Main St., FR; Daniel P. Thompson, 5211 Zakon Rd., FR; Leonard P. Kvilvang, 24256 Hawthorne Ave., end of probation; Robert F. Casman, 3547 Spencer St., FR; John L. Franklin, 3218 W. 189th St., FR; Mary K. Rose, 104 Via Colusa, FR; Billy J. Wright, 1743 W. 247th Pl., FR.

COFFEE BANNED

Coffee was once regarded as an intoxicating beverage by the early Moslems and was prohibited in the Koran.

Oven-Cooked Cereal and Fruit An Easy Breakfast to Prepare

OVEN-COOKED CEREAL AND FRUIT
 (A breakfast that gets itself ready by clock control).
 Time: 1 hour. Temperature, 250 degrees Fahrenheit.

Cereal
 1 cup regular oats
 2 cups cold water
 1/2 teaspoonful salt

Fruit
 1/3 lb. dried fruit
 Water

1 tablespoonful sugar—optional

Combine oats, water and salt in 1 or 1 1/2 quart casserole. Cover. Place fruit in small casserole dish. Cover fruit to twice its depth with water. Add sugar, if desired. Cover casserole. Arrange casseroles in clock-controlled modern gas range oven. Set clock to turn on oven for one hour of cooking at 250 degrees Fahrenheit. Server 3 or 4.

ROUND STEAK WITH BROWNED RICE
 1 lb. round steak
 2 tablespoonful shortening
 3 teaspoonful salt
 1 cup uncooked rice
 2 cups canned tomatoes
 1/2 teaspoonful pepper
 1/2 teaspoonful chili powder
 1 medium onion, chopped
 1/2 cup water
 2 teaspoonful pepper
 1/2 green pepper, chopped
 1/2 medium onion, chopped

Follow the manufacturer's directions carefully in operating the pressure saucapan. Have the round steak cut thick. Divide the meat into 4 serving pieces. Brown in shortening in the bottom of the saucapan. Remove

from pan. Season with 1 teaspoonful salt. Wash rice and brown in shortening, stirring constantly. Add tomatoes, water, pepper, remaining salt, chili powder, green pepper and onion. Lay steak on top of this mixture. Cover. Bring to 10 pounds pressure on high gas flame. Reduce flame and process eight minutes. Turn off flame and allow pressure to drop normally. Serves 4.

Personnel Management Course Set at Harbor

Paul K. Doyle, supervisor of personnel for the Union Oil Company, will conduct an evening course in personnel management at Harbor Junior College during the fall semester, according to Ken R. Williams, business education division chairman. The course will be offered on Tuesday evenings from 7 to 9 p.m.

DIAMOND OUTPUT
 South Africa's famed diamond industries have produced in excess of \$1 billion worth of diamonds.

HERE'S EXCITING NEWS!

ALPERT'S FURNITURE will give away absolutely free — a sparkling new chrome set at the Cookery Carnival to be held at Civic Auditorium Wednesday, Thursday and Friday, Sept. 24, 25, and 26.



This is the set some happy lady will receive free at the cooking school. Be sure you attend and join the fun.

You are invited to come in to see this set, and the many others, at your favorite furniture store—ALPERT'S.

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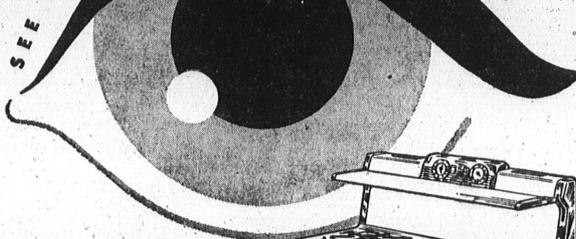
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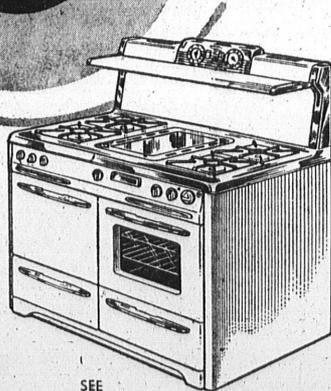
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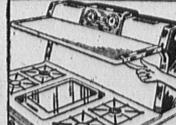
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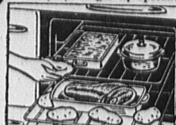
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